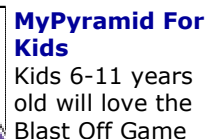
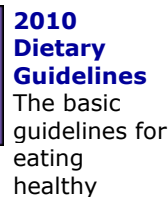
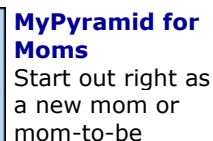
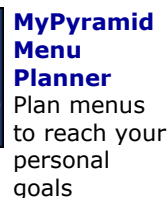
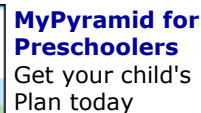




- See what's available
- Get a personalized Plan
- Learn healthy eating tips
- Get weight loss info
- Learn about food groups
- Plan a healthy menu
- Analyze my diet
- Listen to podcasts 🎧
- Print MyPyramid materials
- Ask a question

Tip of the Day

Spotlights



USDA Welcomes First Lady Michelle Obama



Podcasts 
Download
nutrition and
health tips
for on-the-go



PSAs
USDA-Disney
partnership for
nutrition
education

Inside the Pyramid »

Grain Group

*What's in the Grain Group?
How much is needed?
What counts as an ounce?
Health benefits & nutrients*

Vegetable Group

*What's in the Vegetable
Group?
How much is needed?
What counts as a cup?
Health benefits & nutrients*

Fruit Group

*What's in the Fruit Group?
How much is needed?
What counts as a cup?
Health benefits & nutrients*

Milk Group

*What's in the Milk Group?
How much is needed?
What counts as a cup?
Health benefits & nutrients*

Meat & Beans Group

*What's in the Meat & Beans
Group?
How much is needed?
What counts as an ounce?
Nutrients & health
implications
Vegetarian choices*

Oils

*What are "oils"?
How are oils different from
solid fats?
Why is it important to
consume oils?*

Discretionary Calories

*What are "discretionary
calories"?
What are "solid fats"?
What are "added sugars"?*

Physical Activity

*What is physical activity?
Why is it important?
How much is needed?
Calories used*

Tips & Resources

*Grains
Vegetables
Fruits
Milk
Meat & Beans
Increasing Physical Activity
Inside the Pyramid print
pages
Menus
Counting Mixed Dishes
Eating Out
Vegetarian Diets
See all*

Interactive Tools

*MyPyramid Plan
MyPyramid Menu Planner
MyPyramid Tracker
Child Cost Calculator*

Multimedia

*Audio Podcasts 
Public Service Announcements
(PSAs)
MyPyramid Animation*

Specific Audiences

*Preschoolers (2-5yrs)
Kids (6-11yrs)
Pregnancy & Breastfeeding
General Population*

Steps to a Healthier Weight

*What is a Healthier Weight?
What should you eat?
How much should you eat?*

For Professional Use

*Earn CPE Credits
Development of MyPyramid
WIC Fact Sheets
MyPyramid Print Materials*

Dietary Guidelines for Americans

*About the Dietary Guidelines
Current Guidelines
Previous Guidelines*

Partnering with MyPyramid

*Corporate Challenge
Youth Alliance
Corporate Challenge Partners
MyPyramid e-Post
Action Kit*

Navigating the Site

*Home
About Us
News & Media
Site Help
Contact Us
Got a Question?
En Español*

Related Links

Print Materials

<http://mypyramid.gov>